

Full Report (All Nutrients) 01038, Cheese, romano

Report Date: December 04, 2015 02:04 EST

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products**Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor: 4.27 Nitrogen to Protein Conversion Factor: 6.38**

Nutrient	Unit	1 Value Per 100 g	Data points	Std. Error	1 oz 28.35g	5.0 package (5 oz) 142g
Proximates						
Water	g	30.91	47	0.410	8.76	43.89
Energy	kcal	387	--	--	110	550
Energy	kJ	1618	--	--	459	2298
Protein	g	31.80	11	1.404	9.02	45.16
Total lipid (fat)	g	26.94	7	0.969	7.64	38.25
Ash	g	6.72	8	0.670	1.91	9.54
Carbohydrate, by difference	g	3.63	--	--	1.03	5.15
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Sugars, total	g	0.73	--	--	0.21	1.04
Minerals						
Calcium, Ca	mg	1064	6	64.972	302	1511
Iron, Fe	mg	0.77	--	--	0.22	1.09
Magnesium, Mg	mg	41	--	--	12	58
Phosphorus, P	mg	760	2	--	215	1079
Potassium, K	mg	86	--	--	24	122
Sodium, Na	mg	1433	--	--	406	2035
Zinc, Zn	mg	2.58	--	--	0.73	3.66
Copper, Cu	mg	0.030	--	--	0.009	0.043
Manganese, Mn	mg	0.020	--	--	0.006	0.028
Selenium, Se	µg	14.5	--	--	4.1	20.6
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0
Thiamin	mg	0.037	--	--	0.010	0.053

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	5.0 package (5 oz) 142g
Riboflavin	mg	0.370	4	0.009	0.105	0.525
Niacin	mg	0.077	10	0.017	0.022	0.109
Pantothenic acid	mg	0.424	--	--	0.120	0.602
Vitamin B-6	mg	0.085	--	--	0.024	0.121
Folate, total	µg	7	24	1.000	2	10
Folic acid	µg	0	--	--	0	0
Folate, food	µg	7	24	1.000	2	10
Folate, DFE	µg	7	--	--	2	10
Choline, total	mg	15.4	--	--	4.4	21.9
Vitamin B-12	µg	1.12	--	--	0.32	1.59
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	96	--	--	27	136
Retinol	µg	90	--	--	26	128
Carotene, beta	µg	69	--	--	20	98
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	415	--	--	118	589
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.23	--	--	0.07	0.33
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.5	--	--	0.1	0.7
Vitamin D3 (cholecalciferol)	µg	0.5	--	--	0.1	0.7
Vitamin D	IU	20	--	--	6	28
Vitamin K (phylloquinone)	µg	2.2	--	--	0.6	3.1
Lipids						
Fatty acids, total saturated	g	17.115	--	--	4.852	24.303
4:0	g	1.355	--	--	0.384	1.924
6:0	g	0.508	--	--	0.144	0.721
8:0	g	0.271	--	--	0.077	0.385
10:0	g	0.671	--	--	0.190	0.953
12:0	g	0.911	--	--	0.258	1.294
14:0	g	3.036	--	--	0.861	4.311

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	5.0 package (5 oz) 142g
16:0	g	7.265	--	--	2.060	10.316
18:0	g	2.400	--	--	0.680	3.408
Fatty acids, total monounsaturated	g	7.838	--	--	2.222	11.130
16:1 undifferentiated	g	0.411	--	--	0.117	0.584
18:1 undifferentiated	g	6.942	--	--	1.968	9.858
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.593	--	--	0.168	0.842
18:2 undifferentiated	g	0.284	--	--	0.081	0.403
18:3 undifferentiated	g	0.310	--	--	0.088	0.440
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	104	1	--	29	148
Amino Acids						
Tryptophan	g	0.429	--	--	0.122	0.609
Threonine	g	1.171	--	--	0.332	1.663
Isoleucine	g	1.685	--	--	0.478	2.393
Leucine	g	3.071	--	--	0.871	4.361
Lysine	g	2.941	--	--	0.834	4.176
Methionine	g	0.852	--	--	0.242	1.210
Cystine	g	0.209	--	--	0.059	0.297
Phenylalanine	g	1.710	--	--	0.485	2.428
Tyrosine	g	1.775	--	--	0.503	2.520
Valine	g	2.183	--	--	0.619	3.100
Arginine	g	1.171	--	--	0.332	1.663
Histidine	g	1.231	--	--	0.349	1.748
Alanine	g	0.932	--	--	0.264	1.323
Aspartic acid	g	1.989	--	--	0.564	2.824
Glutamic acid	g	7.302	--	--	2.070	10.369
Glycine	g	0.553	--	--	0.157	0.785

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	5.0 package (5 oz) 142g
Proline	g	3.718	--	--	1.054	5.280
Serine	g	1.840	--	--	0.522	2.613
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0